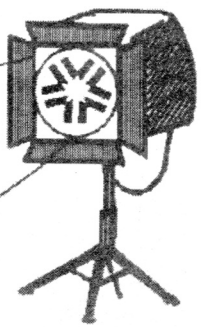


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXVI, ISSUE 2

A newsletter for D.C. Seniors

February 2015



EXECUTIVE DIRECTOR'S MESSAGE

By John M. Thompson, Ph.D., CPM, FAAMA

In this month's edition of "Spotlight on Aging," I would like to focus the conversation on life after retirement by highlighting Mrs. Alice Thompson, who serves as lead community outreach specialist for the District of Columbia Office on Aging (DCOA). This article is intended for those who are nearing retirement and are considering options for life after their career.

I believe that this is a very important topic, as indicated by the statistics reported by the United Kingdom's Institute of Economic Affairs (IEA). According to IEA, approximately 40 percent of retirees leaving the workforce suffer from clinical depression, and 60 percent experience a decline in health.

Alice Thompson was one of those individuals who experienced depression despite the fact that she traveled frequently, shopped all of the time, and was a gardener. The depression stemmed from guilt that her friends and family members were working, but she was at home.

Therefore, she decided to make a change in her life. By the time you read this entire article, I hope that you are encouraged to find your new passion in life after retirement that builds upon the talents that you have acquired over the years.

According to AARP, at age 65 (around retirement age), men are expected to live approximately 18 more years, while women, on average, have another 20 years of life. Wow! That is a long time. And what will you do with that time? Your first reaction may be that you no longer have to follow a schedule. It sounds great to not have to wake up to an alarm clock to get to work at the same time every day, and having the ability to watch television all day (or have the television watch you while you are sleeping).

However, like Alice, many retirees find that after the novelty wears off, they become extremely bored living that way. Moreover, it is unhealthy for retirees to adopt a sedentary lifestyle, as it could lead

to weight gain, which makes one more prone to having chronic illnesses, such as heart disease, cancer and diabetes.

As you would only want the best for yourself, let's now focus our conversation on how you can be a healthy and productive retiree. In my work at DCOA, I meet many seniors who are retired from their jobs. It is so amazing to learn about their careers in government, the private sector, and even

Alice Thompson is the lead community outreach specialist for DCOA.



Compete to Become Ms. Senior D.C.

Are you a D.C. resident who is age 60 or older and interested in representing your peers as Ms. Senior D.C. 2015? Are you actively involved in your community? Consider becoming a contestant in the next Ms. Senior D.C. Pageant.

Contestants are judged on a personal interview, their philosophy of life, their talent and evening gown presentations. The winner will represent the District of Columbia and compete in the Ms. Senior America Pageant. For more information, visit www.dcoa.dc.gov or call 202-727-8364.



being in business for themselves. Some of these seniors have been retired longer than I have been alive, and that is 40 or more years! These seniors are not just sitting around and allowing time to pass them by, but they are engaged in their communities. It is their time to give back in a very meaningful way, which brings them great satisfaction.

One of those seniors who is now living purposefully is Alice Thompson, whose journey is the epitome of a fruitful and rewarding retirement life. Alice is a healthy, 68 years young seasoned citizen who is so dynamic. She works full time for the District of Columbia Office on Aging, actively engaged in political and civic activities in the District, has many hobbies, and is an avid world traveler.

Alice is a native Washingtonian who spent the first part of her adult life working at the United States Postal Service (USPS). During her 38.5 illustrious years at USPS, she served as acting supervisor for letter carriers and lead window technician. She retired in 2003 and began supporting her family business, which provides ambulatory services for persons living with disabilities.

In addition to working in the family

business, Alice has been involved at the grassroots level with various political campaigns. In 2007, Alice's political involvement landed her in the Mayor's Office, where she was responsible for a core team of staff members in Ward 5 tasked with visiting homebound seniors to address their health and social needs. They were also responsible for responding to all community issues, such as rodent infestations, broken sidewalks and dilapidated property. Eventually, Alice came to DCOA, where she has been since 2009.

At DCOA, Alice serves as Lead Community Outreach Specialist, where she is responsible for reaching every District resident 60 or older, persons living with disabilities, and family caregivers to spread the message about the services and programs offered by DCOA. She is able to get the job done by making connections with new churches, synagogues, mosques, and other places of worship. She has a knack for connecting new customers to the agency. As described by one of AARP's local chapter presidents, "She knows everyone in Washington, D.C." This is huge, as it en-

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GOVERNMENT OF THE DISTRICT OF COLUMBIA

MURIEL BOWSER, MAYOR

CUT OUT AND SAVE

Are you a Senior Business Owner, or Interested in Starting a Business?

The Department of Consumer and Regulatory Affairs (DCRA) Small Business Resource Center (SBRC) and the D.C. Office on Aging (DCOA) are hosting a **FREE** seminar.

Who is Eligible?

- Residents who are 60 years of age and older.

Topics will include:

- Farmer Markets
- Business Licensing
- Vending and Events
- Corporate Registration
- Questions and Answers Segment

SENIOR WELLNESS CENTER	WARD	DATE	TIME
Bernice Elizabeth Fonteneau 3531 Georgia Avenue, NW Washington, DC 20011	1	Thursday, February 5, 2015	9:00 am -11:00 am
Hayes 500 K Street, NE, Washington, DC 20002	6	Thursday, April 9, 2015	1:30 pm – 3:30 pm
Model Cities 1901 Everts Street, NE, Washington, DC 20018	5	Monday, May 4, 2015	9:00 am -11:00 am
Washington 3001 Alabama Avenue, SE, Washington, DC 20020	7	Thursday, July 16, 2015	2:00 pm – 4:00 pm
Hattie Holmes 324 Kennedy Street, NW, Washington, DC 20011	4	Thursday, August 13, 2015	11:00 am -1:00 pm

To register go to: <http://bizdc.ecenterdirect.com>

If you need further assistance, please contact the Senior Wellness Center by visiting www.dcoa.dc.gov, or call Joy Douglas at 202-442-8690.



Director's message

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ables the agency to touch more lives in ensuring that District residents receive the necessary services that will help them experience a positive quality of life.

Since coming to DCOA, Alice has partnered with numerous organizations to bring free flu shots to senior centers, churches and other locations across the city. She also hosts the most engaging health fairs, which draw vendors and governmental agencies that provide very useful information to seniors and their caregivers. Many seniors tout about the benefits of attending one of these fairs, and I encourage you to join us at our next one.

Alice's colleagues at the Office on Aging often describe her as one who has more energy than everyone, including the 20- and 30-year-olds in the agency. That speaks volumes about Alice's physical health because her job is very demanding, as it stretches beyond the normal work day as she frequently attends evening Advisory Neighborhood Commissioner meetings, civic association meetings and weekend health fairs. Her day also starts relatively early as she walks Pierre, a playful Bichon Frise, every morning before coming to work.

Beyond her dog, Alice is an avid fish and coral reef keeper. For years, Alice maintained several salt water tanks, but she has finally established a coral reef aquarium that requires a lot of her time and attention. Additionally, Alice maintains a 3-foot deep pond in her backyard, which is home to approximately 13 Japanese koi, which are as long as 18 inches.

Beyond her love for animals, Alice is an avid world traveler who has been to Africa, Europe and Asia, and has been on 28 cruises. Wow! She has seen the world! Her favorite places are South Africa and Rome. Her time to travel is her opportunity to get away and rejuvenate from her fun but demanding life in Washington, D.C. Alice knows how to maintain a balanced lifestyle, which keeps her productive, positive and healthy.

Alice is married to Mr. Junior Thompson and has two children and three grandchildren.

As you can see, Alice is a model citizen for our older residents in the District of Columbia. Whether it is a paid or a volunteer opportunity, the key is to enable your passion to exude with the activity at hand. When this occurs, you will be motivated to wake up on those days to give of your talents. Our District citizens need you, as they would benefit tremendously from your talents. If you are interested in learning about opportunities to give back, please contact us at the District of Columbia Office on Aging at 202-724-5622.

Upcoming DCOA Performance Oversight Hearing

The Committee on Housing and Community Development will conduct a Performance Oversight Hearing chaired by At-Large Councilmember Anita Bonds, for the D.C. Office on Aging on Thursday, February 12, 2015 at 11 a.m. The hearing will take place in Room

412 of the John A. Wilson Building, 1350 Pennsylvania Ave. NW.

Persons wishing to testify about the performance of DCOA may contact Irene Kang at ikang@dccouncil.us or 202-724-8198.

Celebrate Heart Month

The month of February is Healthy Heart Month, or National Heart Month. The month is celebrated each year to bring attention to health concerns related to the heart. While celebrating Valentine's Day, think of ways you can begin a heart healthy lifestyle and become more aware of the signs and symptoms of heart attacks. Heart disease is the number one cause of death for both men and women in the United States, claiming approximately 1 million lives annually.

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often, people affected aren't sure what's wrong and wait too long before getting help.

Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

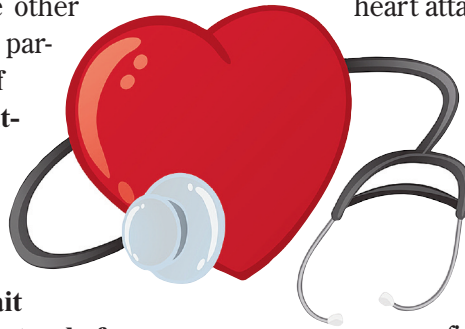
- **Shortness of breath** with or without chest discomfort.

- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is **chest**

pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly **shortness of breath, nausea/vomiting, and back or jaw pain.** (See accompanying image.)

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.



Learn the signs, but remember this:

Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-

1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staffs are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

THIS IS WHAT A HEART ATTACK FEELS LIKE TO A WOMAN.



CHEST PAIN, DISCOMFORT, PRESSURE OR SQUEEZING, LIKE THERE'S A TON OF WEIGHT ON YOU



UNUSUAL UPPER BODY PAIN, OR DISCOMFORT IN ONE OR BOTH ARMS, BACK, SHOULDER, NECK, JAW OR UPPER PART OF THE STOMACH



BREAKING OUT IN A COLD SWEAT



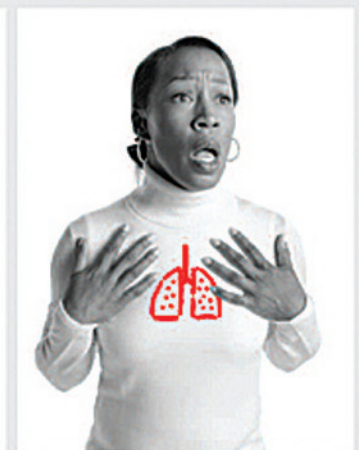
LIGHT-HEADEDNESS OR SUDDEN DIZZINESS



NAUSEA



UNUSUAL FATIGUE



SHORTNESS OF BREATH

If you experience any one of these symptoms, don't make excuses for them.

Make the Call. Don't Miss a Beat.

To learn more, visit WomensHealth.gov/HeartAttack



Prepare for Emergencies: Register for Smart911

Have you registered for the enhanced 911 system to prepare your household for an emergency?

Smart911 is a free online safety profile that can provide first responders with vital information on persons that have called 911 for assistance.

Consider signing up today at www.smart911.com or contact the D.C. Office on Aging to request a presentation and registration for your group or organization. Call 202-724-5622 for more information.

Community Calendar

February Events

3rd and 17th • noon

In the Feb. 3 D.C. Caregivers Online Chat at Noon, Buddy Moore will share "Personal Care Tips" for those caring for a loved one with Alzheimer's. Log on for advice, resources and tips to assist you with your caregiving responsibilities. Another chat will take place on Feb. 17. If you are not available at noon, check back at your convenience and hit replay to see the entire chat. Join the discussion at www.dcoa.dc.gov/page/caregiver-chat. For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

5th • 9 to 11 a.m.

The Department of Consumer and Regulatory Affairs Small Business Resource Center and the D.C. Office on Aging are hosting a Senior Entrepreneur Day. Participants must be 60 or older. The seminar will be held at Bernice Elizabeth Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW. For more information, call 202-727-0338.

11th • 3:30 to 5 p.m.

Enjoy opera? Interested in learning more about it? Join Iona Senior Services for a lecture presented by Peter Russel on Richard Strauss' *Guntram*. The lecture will feature audio and video examples. Opera Gems is a partnership between Washington Concert Opera and Iona. Tickets are \$10 and include refreshments. Iona is located at 4125 Albemarle St. NW. To reserve your spot for this lecture, call Iona at 202-895-9407.

12th • 11:30 a.m.

Israel Baptist Church will hold a town hall meeting at 1251 Saratoga St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

17th • 12:30 p.m.

Iona Senior Services will hold a lunch and learn workshop with print and collage artist Helga Thomson. Thomson's works are included in private and public collections, including the Library of Congress, in the United States, Argentina, Europe and Central Asia. Iona is located at 4125 Albemarle St. NW. The workshop is free. Call 202-895-9448 for more information.

17th • 7 to 8:45 p.m.

Advisory Neighborhood Commission 4D will hold a meeting at Truesdell Elementary School, 800 Ingham St NW. For more information, contact Krystal Branton at 202-255-2970.

18th • 10:30 a.m. to 2 p.m.

The D.C. Office on Aging will sponsor a Health, Wellness and Informational Fair at Hayes Senior Wellness Center, 500 K St. NE. Contact: Andre Lane or Sherrell Briscoe at 202-727-0357 for more information.

19th • 10 a.m.

The D.C. Office on Aging (DCOA) Ambassador Program is a free, interactive, member-based program designed to reach out to older adults and their caregivers to help them learn about the services and resources available to them through DCOA. If you are interested in expanding your network and educating older adults about the services and resources available to them, join the next Ambassador Training Workshop. Workshops include an overview of Office on Aging programs and services, information on how to access resources, and guidance on your role as an advocate. Call 202-724-5622 to register.

19th • 11 a.m.

The Center for the Blind and Visually Impaired will present a black history program at 2900 Newton St. NE. For more information, contact Thelma Hines at 202-529-8701, ext. 222.

23rd • 10 a.m. to 2 p.m.

The D.C. Office on Aging will sponsor a Health, Wellness and Informational Fair at Model Cities Senior Wellness Center, 1901 Evarts St. NE. Contact Stacie Thweatt at 202-635-1900 for more information.

24th • 12:30 p.m.

Lunch at Iona and take a guided tour of its gallery. Chat with sculptor Norma Schwartz on her artistic process and the value of artistic expression. Schwartz enjoys exploring new materials, creating forms that inhabit a three-dimensional space and playing with light. Iona is located at 4125 Albemarle St. NW. The workshop is free. Call 202-895-9448 for more information.

25th • 10 a.m. to 2 p.m.

The D.C. Office on Aging will sponsor a Health, Wellness and Informational Fair at Bernice Elizabeth Fonteneau Senior Wellness Center, 3531 Georgia Ave. NW, in Ward 1. For more information, call 202-727-0338.

25th • 10:45 a.m.

Model Cities Senior Wellness Center will hold a black history program honoring black inventors. The center is located at 1901 Evarts St. NE.

March Event

26th • 6 to 10 p.m.

The Model Cities Spring Gala will be held at Ross Auditorium of Providence Hospital. Tickets are \$40. Contact Monica Carroll at 202-635-1900.

SPOTLIGHT ON AGING

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500 K St., N.E.,
Washington, D.C. 20002
202-724-5622 • www.dcoa.dc.gov

Executive Director

John M. Thompson, Ph.D., FAAMA

Editor

Darlene Nowlin

Photographer

Gediyon Kifle

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or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

**The Office on Aging is in
partnership with the
District of Columbia
Recycling Program.**

DCOA Seeking Centenarians to Honor

DCOA is seeking persons age 100 or older to honor at an upcoming event to celebrate the District's oldest residents. If you know of a centenarian who should be honored, please make sure they are registered with the D.C. Office on Aging. We would like to know their name, date of birth and information on how to formally invite them to the event. To register a D.C. resident who is a centenarian, please call 202-724-5622 or send an email to darlene.nowlin@dc.gov.

